



Breast cancer was just another obstacle  
**I had to fight.**

— DIANE, SURVIVOR

As a young mother, a spinal cord injury left Diane with a disability. And at 40, she was first in her family to be diagnosed with breast cancer. She calls the cancer her wake-up call, and credits early detection with still being alive today.

Breast cancer is the most common cancer in women. And living with a disability doesn't make you immune. If you're over 40, check your breasts regularly, and have a mammogram and a clinical exam every 1–2 years. For more information, visit [www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow) or call 1-800-CDC-INFO (232-4636); 1-888-232-6348 (TTY).

**BREAST CANCER SCREENING  
THE RIGHT TO KNOW**





Tiene que **cuidarse**  
primero para poder cuidar a otros.

— HELEN, SOBREVIVIENTE DEL CÁNCER DE SENO

Helen, quien ha superado el cáncer de seno en dos ocasiones, desea ser una inspiración para todos. Pese a su artritis reumatoide crónica, vive una vida plena y activa. Helen aclara que es gracias a los exámenes y a la detección temprana que todavía está viva, y nos recuerda que, para que podamos estar con nuestros seres queridos, primero debemos cuidarnos a nosotras mismas.

Si usted ya cumplió 40 años, hágase examinar los senos periódicamente y hágase una mamografía cada 1 o 2 años. Para obtener más información visite [www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow) o llame al 1-800-CDC-INFO (232-4636); 1-888-232-6348 (TTY).

**EXÁMENES MÉDICOS PARA  
DETECTAR EL CÁNCER DE SENO  
EL DERECHO DE SABER**





# It's your life.

And no one can protect it better than you.

**JUDI, BREAST CANCER SURVIVOR**

Judi, a cancer survivor who lives with cerebral palsy, reminds us that living with a disability does not make us immune to breast cancer. And early detection is the key to living.

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JUNE, BREAST CANCER SURVIVOR

It may take more energy, but  
**it's worth it.**

June, who was born with cerebral palsy, knows first-hand that we're not immune to breast cancer just because we live with a disability.

Finding her cancer early allowed June to go on with her life. If you're over 40, check your breasts regularly, and have a mammogram and a clinical exam every 1–2 years. For more information, visit [www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow) or call 1-800-CDC-INFO (232-4636); 1-888-232-6348 (TTY).

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